

Class Schedule

May 2 - May 8

Sunday 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8
SATURDAY MAY 1 ST MENS HOURS ONLY 9 PM - MIDNIGHT	PIYO Julia 9:45 - 10:30 am	YOGA Batya 9:00 - 10:00 am	AQUAFIT Sandy 9:30 - 10:30 am	YOGA Batya 9:00 - 10:00 am		SATURDAY MAY 8 TH LADIES HOURS ONLY 9 PM - MIDNIGHT
DOUBLE STEP Deb B 8:30 - 9:30 am	Dance Tots Julia 10:30 - 11:30 am	CARDIO JAM Gina 10:00 - 11:00 am NEW CLASS	Dance Tots Julia 10:15 - 11:15 am	HARDCORE TONING Michelle 10:10 - 11:10 am NEW CLASS	Dance Tots Julia 10:40 - 11:40 am	
TOTAL BODY WORKOUT Deb B 9:30 - 10:30 am		POWER HOUR Gina 11:00 - 11:45 am NEW TIME	pilates Julia 11:15 am - 12 pm	powerhoop® Tiferet 11:10 am - 12 pm		
Dance Tots Esther 7:00 - 8:00 pm	Dance Tots Tiferet 7:30 - 8:30 pm	BOOT CAMP Deb B 7:30 - 8:30 pm	PILOXING Deb B 7:30 - 8:30 pm	Dance Tots Julia 7:30 - 8:30 pm		
MUSCLE MANIA Elana 8:30 - 9:30 pm	powerhoop® Tiferet 8:30 - 9:30 pm	BARRE above® Ronna 8:40 - 9:40 pm	CORE FUSION Gina 8:30 - 9:30 pm			

Men's Classes

SPINNING Trainer 2:15 - 3:00 pm	PINNACLE BOOTCAMP Don 2:00 - 3:00 pm		SPINNING Trainer 2:15 - 3:00 pm	PINNACLE BOOTCAMP Don 2:00 - 3:00 pm		

Women's Hours

Sunday - Thursday: 8:30 am - 1:40 pm, 6:30 - 9:40 pm

Friday: 8:30 am - 12:50 pm

Saturday: 9:00 pm - midnight... **5/8, 5/22**

Men's Hours

Sunday - Thursday: 6:00 am - 8:20 am,

1:50 pm - 6:20 pm, 9:50 pm - midnight

Friday: 6:00 - 8:20 am, 1:00 pm - 1 hr. before sunset

Saturday: 9:00 pm - midnight... **5/1, 5/15, 5/29**